

DINNERLY



Low-Cal Middle Eastern Eggplant with Chickpeas, Tomato and Yoghurt



25 minutes



2 Servings

This one's got the lot: flavour, texture and a low-cal tick! Top crispy chickpeas, blistered tomatoes and wilted spinach with silky roasted eggplant, then finish with garlic-spiked yoghurt.

WHAT WE SEND

- 1 eggplant
- coriander
- 400g chickpeas
- 5g baharat spice blend
- 250g cherry tomatoes
- 100g Greek-style yoghurt ⁷
- 50g baby spinach leaves

WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil

TOOLS

- 2 oven trays
- baking paper
- medium frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Milk (7). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 405kcal, Fat 22.6g, Carbs 32.4g, Proteins 12.8g



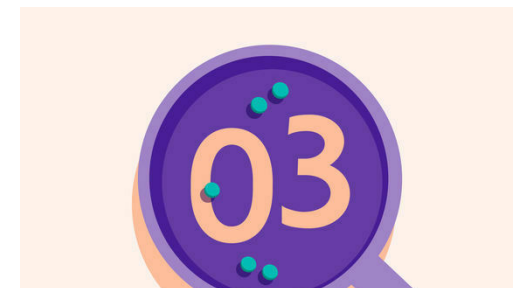
1. Prep ingredients

Preheat the oven to 220C. Line 2 oven trays with baking paper. Cut the **eggplant** lengthwise into 2cm-thick wedges. Crush 2 **garlic cloves**. Pick the **coriander leaves**, discarding the stems. Drain and rinse the **chickpeas**.



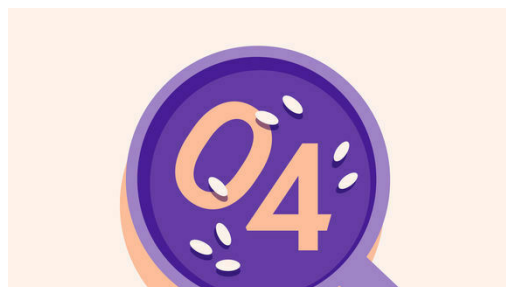
2. Roast eggplant

Put the **eggplant** on a lined tray. Drizzle with 1 **tbs olive oil**, season with **salt and pepper** and toss to coat. Put the **chickpeas** on the remaining lined tray. Drizzle with 2 **tsp olive oil**, scatter over 1 **tsp baharat spice blend**, season with **salt and pepper** and toss to coat. Roast the eggplant and chickpeas for 15-20 mins until the eggplant is tender.



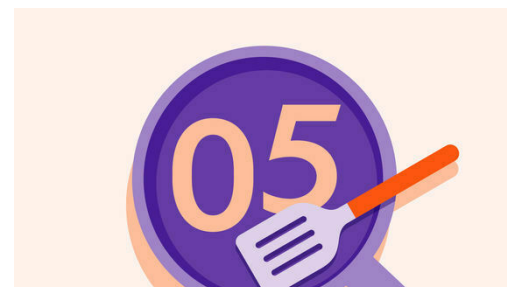
3. Cook tomatoes

Meanwhile, heat 2 **tsp olive oil** in a medium frypan over medium heat. Cook **half the garlic** and 1 **tsp baharat spice blend**, stirring, for 1 min or until fragrant. Add the **tomatoes**, cover and cook, occasionally squashing the tomatoes with a spoon as they soften, for 5 mins or until the tomatoes start to release their juices.



4. Make garlic yoghurt

While the tomatoes are cooking, put the **yoghurt** and **remaining garlic** in a bowl, season with **salt and pepper** and stir to combine.



5. Serve up

Add the **spinach** to the tomato mixture and cook, covered, for a further 1 min or until wilted. Add the **roasted chickpeas** and stir to combine. Taste, then season with **salt and pepper**. Divide the **chickpea mixture** among plates. Top with the **eggplant**, drizzle with the **garlic yoghurt** and scatter over the **coriander leaves**. Enjoy!



6. Did you know?

Baharat is a Middle Eastern spice blend typically made of cloves, cumin, coriander and nutmeg. It adds warmth, sweetness and a savoury note to the dish. The word baharat means 'spices' in Arabic.